

# JONES COUNTY PUBLIC HEALTH

FEBRUARY 2023

# PUBLIC HEALTH HAPPENINGS

## GENERAL HEALTH UPDATES

### 5210 Community Garden

Jones County Public Health is partnering with Olin Elementary School and East Central Iowa Council of Governments (ECICOG) to build and maintain a community garden to grow edible plants and landscaping at Olin Elementary and in the Olin and Anamosa communities. The garden will support hands-on gardening opportunities and help strengthen children's understanding of how food grows. Educational opportunities related to food, nutrition, and agriculture will be provided from those tending to the garden. Olin Elementary, in collaboration with other community partners and volunteers, will offer taste testing, cooking, and food preparation activities for families and community members to come together and celebrate food education. Building the gardens will hopefully begin in the Spring with planting and growth throughout the summer. We want to thank all of the community members and partners involved in this project to better our communities!



**Public Health**  
Prevent. Promote. Protect.

## JONES COUNTY PUBLIC HEALTH

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WORKING WITH THE COMMUNITY TO  
ENHANCE, PROTECT, AND PROMOTE HEALTH  
AND WELL-BEING.

## EVENTS

Feb 1st: HACAP mobile food pantry  
at Onslow City Hall 1-2pm

Feb 6th: Jones County Points Store  
Open 1-4pm

Feb 13th: Jones County Points Store  
Open 1-4pm, HACAP mfp at Olin  
Elementary 3:30-4:30pm

Feb 16th: HACAP mfp at Anamosa  
St. Paul's Lutheran Church 3-4pm

Feb 20th: Jones County Points Store  
Open 1-4pm

Feb 27th: Jones County Points Store  
Open 1-4pm

Feb 27th: HACAP mfp at Monticello  
Fairgrounds 3:30-4:30pm

Nearly 800,000 Americans die each year from heart disease and stroke. Most of the major risk factors can be managed or prevented.

### Risk factors and solutions for managing them



**High blood pressure** – Make control your goal.



**High cholesterol** – Work with your doctor on a treatment plan to manage your cholesterol.



**Diabetes** – Work with your doctor on a treatment plan to manage your diabetes.



**Tobacco use** – If you don't smoke, don't start. If you do smoke get help to quit.



**Unhealthy diet** – Eat a healthy diet, low in sodium and trans fats and high in fresh fruits and vegetables.



**Physical inactivity** – The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.



**Obesity** – Work to maintain a healthy weight.

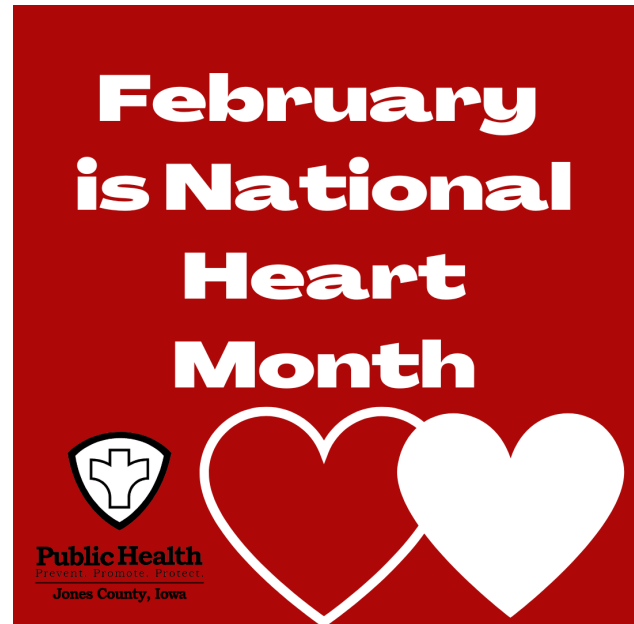
## Heart Health and Exercising

February is National Heart Health Month. Getting regular physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol, and blood sugar levels. Managing diabetes, taking medication as directed, and not smoking can help prevent heart disease. Knowing your family history and risk of heart disease can help you take steps towards prevention. Ask your primary care provider to check your heart health numbers today!

# PROTECT, PREVENT, PROMOTE

## What is OSHA?

OSHA stands for Occupational Safety and Health, and has been around since the 1970s. OSHA's role is to ensure safe and healthful working conditions for workers by setting and enforcing standards and by providing training, outreach, education and assistance. Their goal is to serve and protect private sector employers and employees. This includes monitoring and inspecting work environments to hold employers accountable for creating a safe and healthy workplace for their employees. If the employer is not compliant with OSHA standards, they may get a fine for violating workers' rights. Learn more about OSHA



## Let's Talk about Fentanyl!

Pharmaceutical fentanyl is a synthetic opioid for treating severe pain. It is 50 times stronger than heroin. It only takes 2mg of fentanyl to be deadly. Talking to kids about fake pills can save their lives. Many fake pills are sold as prescription drugs and look almost like real medications. This can include fake Percocet, Xanax, and Adderall. Often times kids will buy these pills believing they are real prescription drugs and share them with their friends. Opioid addiction can start with a medically prescribes opioids that are addictive. Make sure you are monitoring your child if they are prescribed any medically necessary drugs. Visit [yourlifeiowa.org](http://yourlifeiowa.org) to learn more about the harms of fentanyl and other opioids.



## Harms of Tanning Beds

Vacations, prom, and shorter clothing for summer are some reasons why people use tanning beds. Tanning is damage to the skin, and can lead to prematurely aged skin, and in some cases, skin cancer. Tanning beds are known to be carcinogenic and can increase your risk of many skin cancers. This can especially be harmful to teens and young adults. Tanning while using certain medications or cosmetics can increase the harm done to the skin as well. Avoiding tanning beds is the safest way to avoid exposure to UV radiation that leads to skin cancer. Learn more at <https://www.fda.gov/consumers/consumer-updates/indoor-tanning-risks-ultraviolet-rays>

